



SCHOOL MEALS

Oliver House is committed to providing healthy meals and snacks for all children.

Children in the Lower and Upper Nursery have fruit and milk as their mid morning snack. Children in Reception upwards are encouraged to bring in a healthy snack of either fruit or a cereal bar for their mid morning snack.

All school meals are cooked from fresh on site each day. Children have a hot meal daily with salad available and desert and fruit to follow. Some examples of the types of dishes include chicken curry with rice, cottage pie, lasagna, pork in tomato sauce with rice, courgette quiche with vegetables, fish cakes. Deserts include apple pie, almond sponge, bread and butter pudding, yoghurt and chocolate mousse. A range of fruit is also provided. Water is served with all meals. We will endeavour to meet any special dietary requirements and a vegetarian dish is available daily.

A recent healthy eating initiative at Oliver House is its link with the Academy of Culinary Arts which organises workshops for parents and children to promote healthy eating.

